

## Protect Your Child's Physical and Mental Well Being

HEALTH NET HAS RESOURCES TO HELP YOU AND YOUR CHILD THROUGH MENTAL HEALTH CONCERNS

Your child's mental health is just as important as their physical health. Anxiety, depression or stress can happen to anyone. Reach out to your child's doctor for guidance. And, talk to your child to decide if they need help.

## Look for these clues:

Irritability and Moodiness



Trouble
Sleeping,
Tiredness and
Low Energy



Worry That Won't Go Away



Changes in Appetite and/or Weight



Trouble Concentrating



Frequent Stomachaches and Headaches



Call the number on the back of your ID Card to find a mental health specialist for your child or for you. You can also call to simply ask questions.

And, if you or someone you know needs helps now, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911.

Learn more about our services.

Loss of Interest in Favorite Activities



<u>Health Net's Nondiscrimination</u> Notice

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FLY1204605EH01w (7/23)